

P02-49

SENSE OF GUILT AND ANXIETY IN DEPRESSION

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Introduction: Depression is a significant problem of our civilization. It is said that 10-20% of basic health care patients have depressive disorder. Its etiology is complex and multifactorial. Guilt feeling is one of accessory symptoms, but only small part of psychiatric literature is concerned with this problem.

Aims: The aim of the study was to find the correlation between guilt feeling and the level of depression and anxiety.

Methods: The study group involved 20 patients with depression diagnosed with ICD-10 criteria (14 females and 6 men aged 40-69 years). The depression level was determined using Beck Depression Inventory (BDI). The anxiety was assessed using State-Trait Anxiety Inventory (STAI) and guilt feeling using Interpersonal Guilt Questionnaire-67 (IGQ-67).

Results: The results were statistically analyzed using Microsoft Excel. 5 patients didn't have symptoms of depression in last week, 11 have mild-moderate and 4 moderate-severe depression. Weak, but not statistically significant correlations between interpersonal guilt feeling and the level of depression ($r = 0,319$), anxiety as state ($r = -0,395$) and anxiety as trait ($r = 0,298$) were found. Statistically significant was correlation between age and state anxiety ($r = 0,138$; $p = 0,037$).

Conclusions: There is no evidence of relationship between interpersonal guilt feeling and the severity of depression and anxiety. In elderly patients with depressive disorder the level of state anxiety is higher. It may be significant to the effectiveness of applied therapy.